

Meatloaf (FDD)

Makes: 6 Servings

This meatloaf is very moist and simple to make for lunch or dinner. Serve with vegetables, rice, pasta, or potatoes, or slice to make sandwiches.

Ingredients

- 1 pound** ground beef
- 1 can** low-sodium cream style corn (about 15 ounces)
- 1/2 cup** onion (diced)
- 1 teaspoon** garlic (finely chopped)
- 1/2 cup** water
- 1/2 cup** cornmeal
- 2 tablespoons** egg mix
- 1/4 teaspoon** salt
- 1/4 teaspoon** black pepper
- nonstick cooking spray

Directions

1. Preheat oven to 375 degrees F.
2. In a large pan, cook ground beef over medium heat for 8 to 10 minutes. Drain fat.
3. Add corn, onions, and garlic to pan, and cook for an additional 10 minutes.
4. Add water, cornmeal, egg mix, salt, and pepper to the beef mixture. Stir well and cook for 15 minutes.
5. Use a large iron skillet or loaf pan. Spray pan with nonstick cooking spray. Form beef and cornmeal mixture into a loaf in a pan.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	292	
Total Fat	13.5 g	
Protein	18 g	
Carbohydrates	26 g	
Dietary Fiber	2 g	
Saturated Fat	5 g	
Sodium	262 mg	

6. Cover pan with an oven-safe lid or foil and bake for 35 to 40 minutes.

Notes

Tip for cooking ground beef: The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.

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